

# Screenings for Women



Guidelines for routine health screenings are listed below. Keep in mind that these are just general guidelines. The health care professional may recommend screenings and tests sooner or more frequently based on age, health history, lifestyle, and other important issues.

Health screening tests	Ages 18–39	Ages 40–49	Ages 50–64	Ages 65 and older
<b>General</b>				
Full checkup, including weight and height	Discuss with the health care professional	Discuss with the health care professional	Discuss with the health care professional	Discuss with the health care professional
Thyroid test (TSH)	Start at age 35, then every 5 years	Every 5 years	Every 5 years	Every 5 years
<b>Heart</b>				
Blood pressure test	At least every 2 years	At least every 2 years	At least every 2 years	At least every 2 years
Cholesterol test	Start at age 20, discuss with the health care professional	Discuss with the health care professional	Discuss with the health care professional	Discuss with the health care professional
<b>Bone</b>				
Bone mineral density (BMD) test		Discuss with the health care professional	Discuss with the health care professional	Get a bone mineral density test at least once; talk to the health care professional about repeat testing
<b>Diabetes</b>				
Blood glucose test	Discuss with the health care professional	Start at age 45, then every 3 years	Every 3 years	Every 3 years
<b>Breast</b>				
Mammogram (X-ray of breast)		Every 1–2 years; discuss with the health care professional	Every 1–2 years; discuss with the health care professional	Every 1–2 years; discuss with the health care professional
Clinical breast exam	At least every 3 years starting in her 20s	Yearly	Yearly	Yearly
<b>Reproductive</b>				
Pap test	Every 1–3 years if she has been sexually active or is older than 21	Every 1–3 years	Every 1–3 years	Discuss with the health care professional
Pelvic exam	Yearly	Yearly	Yearly	Yearly
Chlamydia test	Yearly until age 25 if sexually active; older than age 26, get this test if she has new or multiple partners	If she has new or multiple partners	If she has new or multiple partners	If she has new or multiple partners
Sexually transmitted infection (STI) tests	Both partners should get tested for STIs, including HIV, before initiating sexual intercourse	Both partners should get tested for STIs, including HIV, before initiating sexual intercourse	Both partners should get tested for STIs, including HIV, before initiating sexual intercourse	Both partners should get tested for STIs, including HIV, before initiating sexual intercourse
<b>Mental health</b>				
Mental health screening	Discuss with the health care professional	Discuss with the health care professional	Discuss with the health care professional	Discuss with the health care professional
<b>Colorectal (use 1 of these 3 methods)</b>				
Fecal occult blood test			Yearly	Yearly; older than age 75, discuss with the health care professional
Flexible sigmoidoscopy (with fecal occult blood test)			Every 5 years	Every 5 years; older than age 75, discuss with the health care professional
Colonoscopy			Every 10 years	Every 10 years; older than age 75, discuss with the health care professional
<b>Eye and ear</b>				
Complete eye exam	At least once between ages 20 and 29 and at least twice between ages 30 and 39, or any time that she has eye problems	At age 40, then every 2–4 years or as the health care professional advises	Every 2–4 years or as the health care professional advises	Every 1–2 years
Hearing test	Starting at age 18, then every 10 years	Every 10 years	Every 3 years	Every 3 years
<b>Skin</b>				
Mole exam	Monthly mole self-exam; by a health care professional as part of a routine full checkup starting at age 20	Monthly mole self-exam; by a health care professional as part of a routine full checkup	Monthly mole self-exam; by a health care professional as part of a routine full checkup	Monthly mole self-exam; by a health care professional as part of a routine full checkup
<b>Oral</b>				
Dental exam	Routinely; discuss with dentist	Routinely; discuss with dentist	Routinely; discuss with dentist	Routinely; discuss with dentist

Source: US Department of Health and Human Services, Office on Women's Health.